Anusha “Nush” Natarajan ’02
NCAA Team Finalist
2 Time NCAA Doubles Champion
2 Time All-American
Currently: Veterinarian in Pittsburgh, PA

I played on the Emory Women’s tennis team from 1998-2002. The tennis team was undoubtedly the best of part of my college experience. Though it may sound trite, it absolutely completed my time at Emory. I was a naïve college student. I was not overly involved in extracurricular activities; and I had close, but few friends. Though I was diligent, I was certainly not an academic standout.

Tennis was easy and challenging all at the same time. The competition was hard and it was difficult to be at the top of a very strong squad. I was pushed my teammates, Coach Amy, and other teams to practice harder and play better. Simultaneously, tennis was a familiar forum: I made and have maintained true friends from my team. They were the group I socialized with the most and the group with whom I shared the educational aspect of being a student athlete.

I was so impressed by these young girls who effortlessly performed on and off the court. The spirit was encouraging and continues to motivate me even now. A truly unique point in my tennis career at Emory was a magnificent trip to Australia. Eleven years later I still happily share my scrapbook of this journey. A striking fact of playing tennis at Emory is that I continue to play competitive tennis. I love the sport and hope to be involved for a long time. Thank you Emory!

Emily “Em” Warburg Sandler ’03
NCAA Team Champion
NCAA Team Finalist
2 Time All-American
Currently: Senior Account Executive for Georgia Pacific in Los Angeles, CA

When I was looking at colleges, my dad and I had a “Triple A Theory.” AAA- Academics, Athletics, Adventure. Emory offered all of those things to me. Not only was I going to be studying at a Top 20 University, I would get to play on a tennis team that consistently competed for the National Championship, and live in the fantastic city of Atlanta, Georgia. I also knew that I wanted the opportunity to enjoy the full college experience, rather than chancing taking a scholarship and being “owned” by the team. I wanted to take my tennis and my life to the next level.

Ten years later people ask me why I chose Emory, and I can honestly say that going to Emory was best decision I have ever made. I was afforded every opportunity to learn from the best professors at an amazing University, and experience a part of the country that I never would have known if I hadn’t left California. More than that, I can’t stop smiling when I tell people about my experiences on the tennis team; the teammates that I will forever consider my family, and memories I have of winning a National Championship.
Mary Ellen “M.E.” Gordon ‘04

2 Time NCAA Team Champion
NCAA Team Finalist
4 Time NCAA Doubles Champion
2 Time NCAA Singles Champion
4 Time All-American
Honda Sports Woman of the Year Award
ITA National Senior Player of the Year
ITA National Rookie of the Year
Currently: Account Manager, Cardlytics Inc. Marketing in Atlanta, GA

College teams are a tricky thing because despite a coach’s best efforts to recruit talented, smart, committed student athletes, you never really know how teams are going to gel until everyone comes together on campus. I was lucky enough to hit the jackpot 4 years in a row when it came to team dynamics.

At the beginning of every season, Amy had us set team goals and every year, one of our goals was to ‘enjoy the journey’ - I don’t think I could have possibly enjoyed it more. There were so many times with the team that I would be in pain from laughing - my face would hurt and my abs would hurt, sometimes even more than they would from our conditioning exercises.

I suppose it’s easier to have fun when you’re also winning, and we did a lot of that in my four years too. As a team, we steadily improved our finishes in my time at Emory, going from 3rd place my Freshman year, to 2nd my sophomore year, and to winning nationals my Junior and Senior year. My favorite moments from that time were my Sophomore year when our team match came down to the last singles match and my teammate, Margaret, came back from being down two match points to win her match and send us to the finals, and then when we finally won the team title my Junior year.

At NCAAs the team tournament is played first, and that’s followed by the individual singles and doubles tournaments. It was always sad to see my teammates go home after the team tournament, and finding the motivation to play individuals, especially singles, was sometimes a challenge. I won the singles titles my Junior and Senior year, but I wouldn’t say I was ecstatic to win them because I had to play my own doubles partner, Jolyn Taylor, in the finals. When all your efforts are focused on team success, it’s so hard to play for yourself, and worse to play against your teammate.

I was lucky to have two amazing doubles partners at Emory, Anusha Natarajan my freshman and sophomore year, and Jolyn my Junior and Senior year. With Anusha and Jolyn, I was able to win doubles all four years. My last doubles title with Jolyn came at the expense of our teammates, Margaret and Carina, who we played in the finals. It’s hard to celebrate a win when your own teammates are wiping tears from their eyes on the other side of the court. So when I think about my senior year, even though I ended up with a triple crown, I think more about how good and how dominant our team was to have won the team title in dominating fashion and then to have had all-Emory finals in doubles and singles. I’m not sure that feat will ever be matched.

Beyond the courts, I am so thankful to have had the amazing teammates that I had. I stay in touch with them on a regular basis, and several of them remain some of my best friends. I am so proud to call them all my friends and I’m so proud of the women they’ve become. Our bond as teammates has yet to fade and I hope it never will.

Amy has continued her winning ways since I’ve graduated, and I’m thankful that she’s still a very important part of my life and such a good friend. I’ve loved spending time with the Emory Women’s Tennis teams since I’ve graduated and I even traveled to California this Spring to watch the team at Nationals. I was full of pride to see them win, but I also loved seeing what great people they are and what a great team dynamic they also share.
Margaret “Marge” Moscato Adler ‘04
2 Time NCAA Team Champion
NCAA Team Finalist
NCAA Doubles Finalist
3 Time All-American
National Arthur Ashe Sportsmanship Award Recipient
Currently: MD in Neuromuscular Medicine in Los Angeles, CA

My time with the Emory tennis team makes up the best memories of college and gave me some of my closest friends. Emory challenged me in the classroom and provided opportunities to move forward in finding a career, but tennis was a break from the daily routine of classes and gave me the balance I needed. It was hard work sometimes but the rewards (besides winning) were well worth it.

I laughed so much with my teammates even if I happened to be the one they were laughing at (which seemed to be the case quite a bit). I remember the emotions of our greatest wins and hardest losses. We all understood we were not at Emory on sports scholarships, but we all shared a competitive spirit and were willing to put in the time and effort in order to reach our team's goals. It just so happened we shared many other interests (i.e. unhealthy love for frozen yogurt) that made our time together on the team even better.

Lindsay “Linzortort” Tiemeyer Winterhalter ‘05
3 Time NCAA Team Champion
NCAA Team Finalist
Currently: Contractor in Commercial Real Estate and JD in Washington DC

Whenever I think back on my college years, my thoughts immediately center on the Emory Tennis Team. Playing for Emory was a once-in-a-lifetime opportunity, and I realize now how fortunate I was to be part of such a meaningful experience throughout my college career.

Upon reflection, though, I believe the lessons echo still. Emory tennis trained me for "the real world," and prepared me for life in ways that I could not have realized at the time. As a student-athlete, I felt held to a higher standard; my performance in the classroom became a mirror of my drive on the tennis court, and both were enhanced by my awareness of the team that depended on me, and by the fact that I depended on each team member in return. Learning to work in close concert with a group, and merging my efforts and goals with theirs, is a skill that has served me well. And I credit my Emory coach and the individual members of the women's team for that.

In addition to the valuable lessons learned, I was fortunate to have found true friends in my teammates. This past year as I got married, I was lucky enough to have three of my former teammates standing by my side as bridesmaids. I cherish these friendships and these women, and once again have the Emory Women's Tennis Team to thank for that gift.
Carina “Cari” Alberelli Jarrett ‘05
3 Time NCAA Team Champion
NCAA Team Finalist
NCAA Doubles Finalist
2 time All-American
Currently: Director of Training & Development at Kaplan in San Francisco, CA

Many of my fond collegiate memories include the Emory Women's tennis team and Coach Amy Bryant. During my four years, the team extended the season and traveled to Australia and South Africa to play tennis and compete with international universities. The team won several accolades for individual and team accomplishments both on and off the courts. The amazing worldwide travels and national championship titles do not compare to the lifelong friendships with my college coach and teammates. My Emory tennis experience helped shape me to be who I am today. As a scholar athlete, I learned invaluable lessons of communication, teamwork and leadership. I am forever grateful for all the opportunities and support I received during my four years. The Emory tennis team cultivated a positive environment for me to excel, have fun, and enjoy my college experience.

Jamie “JamChan” Chan ‘06
4 Time NCAA Team Champion
2 Time All-American
Currently: College Counselor at Harvard Westlake School in Los Angeles, CA

**Family.** That one word sums up what Emory Women's Tennis means to me. I jokingly called Coach Bryant my "second mom" because she nurtured, coached, and sometimes had to reprimand me (well-deserved by me) just like my biological mom. She knew how to motivate me and also how to keep me in line when I decided to have my of my infamous "pissies" (a temper tantrum - yes, even as a college student I was moody). As a team, we functioned as a family. During tough matches, 6:30am morning conditioning workouts, grueling sprint sessions on the court, or grabbing ice cream in our pajamas at a local ice cream shop, we laughed, joked, and annoyed each other like sisters would. On the court, we supported each other, cheered until we lost our voices, and high-fived until our hands were sore. Off the court, we helped each other with school projects, talked about boys and our crushes, and studied together (sometimes more talking than studying, but we all graduated!). I knew that even if I was down in my match that I could count on my teammates to pull through in their matches and cheer me on no matter what the outcome. Coach Bryant and her coaching staff were always nearby in case I needed a pep talk, a thumbs up, or just a look of encouragement. Without the team, my 4 years at Emory would've been incomplete. Sure, winning 4 national team championships was amazing, but the friendships and life lessons learned on and off the court are what really made it worth all the effort. It wasn't always easy to commit to the team when I saw my friends quitting or going to social events that I had to miss because of an early match or practice, but I would gladly give all those things up again because those experiences shaped me into the strong, confident, determined person I am today. I will always remember that our mantra during my time on the team was: "Enjoy the journey." It wasn't all about winning. We knew that if we focused on the journey and what we learned along the way -
every setback, loss, injury, victory, triumph - we'd ultimately end up where we were supposed to be. There were times when we didn't end up in 1st place, but we learned from those experiences and prepared ourselves for the next time we'd be in a similar situation so we wouldn't repeat our missteps. In 2002, I arrived at Emory as a timid freshman. After 4 glorious years with my Emory tennis family, I transformed into a bold, courageous senior ready to walk across the graduation stage and take on the next challenges of life. May you always enjoy the journey, wherever it might take you.

Richelle “Richie” Marasigan Russo ‘07
3 Time NCAA Team Champion
2 Time All-American
Currently: MD in Family Medicine in California

“You've got to take the initiative and play your game; confidence makes the difference.” – Chris Evert

These motivating words were given to me by my team captains on a magnet before my first national team championship and still hang on my refrigerator today as a reminder of the memories and lessons I learned during my Emory tennis days.

Emory tennis was huge part of my life that I will never forget. My teammates were an amazing group of girls that were fun, strong and encouraging. Together we sweated it out during the grueling early morning conditionings/practices, cheered each other on with each nail biter of match, and laughed over some tasty post-match fro yo. The camaraderie made it fun and felt like we had the competitive edge over our opponents. All the coaches, especially Amy Bryant, put in the extra time and effort to work out the kinks of our game and reach our fullest potential. I think having confidence in myself and my abilities are the biggest lessons I learned during my Emory experience. These lessons have stayed with me throughout life as I have pursued a career in medicine. Through the ups and downs of long practices and exciting matches, I have also gained strong friendships with my teammates and coaches that will last a lifetime. My Emory tennis experience is something that I will cherish forever.

Christine “Ingolds” Ingoldsby ‘08
2 Time National Team Champion
Currently: Underwriting Process Analyst at Geico in Washington DC

Being a member of the Emory University Women’s tennis team is one of my proudest accomplishments of college. I got to compete in one of the top national Division III tennis programs, made lasting friendships and got to travel and see parts of the world that I probably wouldn’t have seen otherwise. I also appreciated that the commitment to tennis was well-balanced with the many other demands of college. Practice let me have a good workout and provided structure to my day and still allowed time for me to be active in my sorority and social life with academics always being the first priority!
Jenny “JMo” Moscato ’09
NCAA Team Champion
Team Rookie of the Year Award Winner
Team Captain
Currently: Masters Candidate in Landscape Architecture at the University of Arizona

When Amy Bryant offered me an opportunity to write about and relive my 4 years as a part of the Emory Eagles’ Varsity Women’s Tennis Team, I was honored. Honored because I am proud to say I contributed 4 years of sweat and hard work to something worthy of that effort. But the most memorable part of that commitment was what I got back in return, whether it was in the form of international team trips, naps in the comfortable locker room after a morning full of classes, or a support network of coaches and teammates that I knew would always be there for me. Even now, almost four years after graduating, I feel that support. I haven’t met a single female that spent four years on the Eagles’ Tennis Team that regrets making and following through with that commitment. Certainly, Emory as an educational institution offered me the strong guidance, creative freedom and instructive nourishment that I needed to grow and learn. But being part of the athletic organizations at Emory also shaped me in dramatic ways. It was without a doubt the most rewarding team I have ever been a part of.

Tshema “TeshyBaby” Nash ‘10
NCAA Team Finalist
NCAA Doubles Semi-Finalist
3 Time All-American
Team Captain
Currently: Masters in Public Health Recipient; Fellow at the Centers for Disease Control in Atlanta, GA

Although indescribable, I will try my best to put into words what the 4 years on the team has meant to me. Having focused on my singles play throughout my tennis career, I wasn’t sure how smoothly the addition of a team-focused component would be. Fortunately, the transition was almost seamless for the team was and truly is a family. Yes, it’s extremely cliché to call a team a family and it has been described as such time and time again, but it’s the truth. Like any family, we had our disagreements, but when it came down to it, we all wanted the same thing for each other: success. And I don’t mean success in teams of winning, although there is nothing wrong with winning, but, like a family, the team understood that tennis was only a part of who we were and are. We all wanted our teammates to succeed in developing a new skill we learned in practice or honing an old one; to succeed on an exam we knew they had been studying hard for; to support our teammates in an on or off-campus event that they had been planning.

In short, we all worked to support one another to be successful student-athletes. This atmosphere was created by Amy and Mer who, having both been student-athletes, understood the demands of combining academics and athletics. Amy and Mer both stressed that we were students first, athletes second; yes, athletics was an extremely important part of our experience at Emory, but it was a close second to our education. The atmosphere that they created was one in which the acknowledgement of our status as a student-athlete helped us to encourage each other’s successes in the classroom and enabled us to do the same on the court. This incredibly supportive environment was integral to the success of the team as we forged bonds both on and off the court, resulting in each match not only played for the individual, but also for the team.
Sabra “Sabes” Rogers Hand ‘10
NCAA Team Finalist
NCAA Doubles Semi-Finalist
3 Time All-American
Team Captain
Currently: Clinical Counselor at the Charleston Center Substance Abuse Treatment Center in South Carolina

Emory tennis gave me the chance to travel to places I would have never gone, meet people I would have never met and truly enjoy the sport I grew up loving. My team honestly became a second family through my four years playing—between the morning conditionings, road trips, team dinners and close matches—we formed a bond that few others on campus understood. Being a college athlete gives you an instant connection to people, one I continue to see even after college and away from Emory. Competing at the college level is an incredible experience. It turns an individual sport into a dedicated team effort. It turns a quiet, reserved sport into an intense, cheering as loud as you can competition. Yes, the mornings are early, the conditioning is hard and free time is something other people have but my teammates and coaches made it all worth it. I wouldn’t trade my four years of Emory tennis for anything—they helped me grow as a person, gave me some amazing friends and tons of incredible memories.

Sara “Vrabec” Vrabec ‘10
NCAA Team Finalist
All-American
Currently: Obstetrics and Gynecology Resident at the University of Indiana

Emory tennis gave me one of the best college experiences I could have ever asked for. Whether it was cheering on teammates across the court until our throats were sore, zip-lining through Thailand, or watching coach Amy give a very convincing “Emory’s Next Top Model” Janice Dickenson performance, I can’t help but smile when I remember all the great memories the team shared both on and off the court.

While I loved the traveling, competition, and close friends I made, there were also many challenges. Having teammates and coaches that supported me was so important for surviving some of the toughest times. Unfortunately, I don’t think it was until the end of my time at Emory that I truly began to appreciate how much Emory tennis taught me about teamwork, leadership, and overcoming difficult losses. It was hard work, we learned many “life lessons,” and everyone had immense pride being ranked as one of the top teams in Division 3, but at the end of the day it was also really, really fun. Practices, matches, and team socials provided a needed break from stressful academics, personal struggles, and even some residence hall or dorm drama.

Whenever I am asked about my most memorable times at Emory I immediately think about Emory tennis. I am so grateful I was able to be a part of group that challenged, supported, and encouraged me and will always be thankful for the opportunities, experiences, and lifelong friendships it provided along the way.
Laura “Lo” Callava ’11  
NCAA Team Finalist  
Team Sportmanship Award Winner  
Currently: Attorney in Miami, FL

Playing tennis for Emory was one of the most incredible and unforgettable experiences of my life. Being a member of the tennis team provided me with so many great opportunities that I otherwise wouldn’t have had, and I am so grateful that I had the chance to be part of such an amazing team. We were not only a successful team on and off the court, we were a family as well. I have such amazing memories of my time on the team, memories that I know will last a lifetime.

Lindsay “Linds” Reidenbach ’11  
NCAA Team Finalist  
Currently: Executive Assistant to Florida Congressman, Richard Nugent in Washington DC

I feel proud and honored to have been a part of the Emory Tennis Community. I was so grateful for the opportunity to play the sport that I love with such a great group of coaches and girls. We always pushed each other to be the best and supported each other through victories and disappointments. I will never forget what it felt like to play for a national championship alongside a team I considered family. These are truly friendships and memories I will cherish always.

Lorne “Lorney” McManigle ’11  
NCAA Team Finalist  
NCAA Singles Champion  
3 Time NCAA National Doubles Finalist  
3 Time All-American  
Team Captain  
Currently: Attorney in Chapel Hill, North Carolina

Being an Emory student-athlete was an amazing experience. The tennis team taught me lessons on and off the court. I learned the importance of loving what you do, the ability to work together, and the necessity of mental strength and concentration. Our team strived to be the best with the help of our coaches and constant competition. After each hard fought season, playing in the NCAA's for a chance to win the National Championship was a unique opportunity that we looked forward to every May.
Most of my favorite memories looking back on my four years of college revolve around my time spent with the tennis team. The friendships that I built through athletics at Emory are ones that will last a lifetime. As a freshman I was lucky enough to have a great group of upperclassmen that guided me through my first year, which made for an easy transition from high school to college life. Serving as captain my senior year was a formative experience. Being a team leader allowed me to guide and influence teammates while still pushing myself to become a better person and role model. I cannot imagine having had a better atmosphere to thrive as a student-athlete than at Emory University.

**Zahra “Z” Dawson ’12**

NCAA Team Finalist  
4 Time All-American  
2 Time NCAA Doubles Finalist  
Team Captain  

*Currently: Dermatology Resident at Stanford University*

Words cannot even begin to describe how much I value my four years on the Emory women’s tennis team—I grew as both a tennis player and a person. The girls on the team were like a family away from home for me. When I was a freshman, the older girls served as my role models, and when I became an upperclassman, I was able to do the same for my teammates in the classes below me. Being on the tennis team was great because I became great, even best, friends with a group of people that I may not have met otherwise in college. It’s surprising how close a group of 8-10 girls can become over the course of several months.

A large majority of my most-prized memories from college are from my experiences on the tennis team. From traveling to Thailand and Puerto Rico to competing in the finals of the NCAA Championships multiple times, being on the tennis team has been truly unforgettable. I know that I have made lifelong friends that I will continue to keep in touch with as college becomes more and more of a distant memory. If I had the choice to do it all again, I definitely would in a heartbeat; there’s no doubt in my mind about that.

**Jordan “Jo” Wylie ’13**

2 Time NCAA Team Finalist  
2 Time All-American  
Team Captain  

*Currently: Pursuing a PhD in Basic and Applied Social Psychology at the City University of New York.*

As a member of Emory Women’s Tennis Team throughout my time at the university, I learned as much on court as I did in the classroom. Going into college you expect to challenge yourself in the academic world but I never expected to be challenged like I was in athletics. Coming into the demanding university, I was fully aware that my time needed to be carefully managed in order to successfully give everything I could to school and to
tennis. However, as a new level of freedom introduced a novel temptation it was tennis that helped me keep my head on straight and focused on the things I really cared about. From long, grueling training sessions on and off the court, to overcoming mental and emotional obstacles during play, my time at Emory was enriched by athletics to a degree that is nearly immeasurable.

While all of those physically taxing parts of Emory athletics helped to keep me concentrated, what changed me forever is the impact of my teammates and coaches. To put it nicely, I came into Emory as a slightly misguided and definitely attitude-full young woman. I was never one who lacked heart or hunger, but the ability to put ego aside and fight for the people around you was something that I really struggled with. Having the team, who all truly wanted to see me succeed and were willing to help me along the way, transformed me completely. I’m not saying it was easy or that it didn’t take a lot of work, but the constant support from my teammates and coaches gave me a safe haven to feel like I could put down some of my barriers and let people in. A sense of family was fostered and allowed me to overcome some difficulties in my personal life and come closer to reaching my potential on court, without my pesky attitude hindering me as it had for so long. Through that internal battle and with the support of my team, I eventually realized much of the maturity that I lacked and began to strive to convey that strong sense of self and direction on and off the court. By my senior year, given the responsibility of captain further illustrated how much I had grown throughout my career on the team. I had learned what it was to be a real leader from the captains before me and really strived to provide an environment where everyone could benefit, on and off court, just as I had.

Never having been out of contiguous United States, team-bonding trips to Puerto Rico and Hawaii opened my eyes to some of what the world has to offer. These trips really showed me what I had learned and how spending time together in constantly changing environments and contexts helps to unite people on a different level, which significantly influenced our ability to perform as team. My tennis career was always plagued with injury, but there was never a point in time where I felt like I was alone or removed from the team. That sort of bonding is a truly unique experience. It creates an atmosphere of trust and the desire to see others succeed just as much as you personally. I don’t think there is any other way we could have performed so well or given so much during every training session over my four year campaign without that desire to achieve beyond yourself.

**Gabrielle “Gabs” Clark ‘14**

NCAA Team Champion  
2 Time NCAA Singles Champion  
NCAA Team Finalist  
2 Time NCAA Doubles Finalist  
2 Time NCAA Doubles Semi-Finalist  
ITA National Rookie Player of the Year  
ITA National Senior Player of the Year  
4 Time Team MVP Award Winner  
4 Time All-American  
Team Captain  
**Currently: Senior Financial Planning & Analysis Analyst at McCann Worldgroup**

Being on the tennis team at Emory made my Emory experience as a whole very fulfilling. Before the first day I stepped on Emory’s campus, I had a support system that would last me my four years on campus and beyond. My best friends at Emory and for life quickly came to be girls on the tennis team. This was less of a function of the convenience of always having those girls around me and spending so much together during workouts, practice, and travelling, but more a function of the incredible people my teammates truly were.
What stands out about Emory’s tennis team compared to other schools is the emphasis placed on advising and mentoring. Those focuses loosened the boundaries between classes on the team, encouraged us to get to know each other well, and to spend time together outside of practices. I also found that the tennis team was my greatest resource at Emory. If I had questions about which general education requirements to take, the best professors, on-campus clubs, how to ride the cliff shuttles, how to balance my workload and practice, the best places to study, and more, the girls on the team always had the answers.

Personally, one of the most significant elements of being on the tennis team was that it was just one part of my experience at Emory. My teammates and coaches encouraged me to get involved on campus outside of the tennis team. Not only did this allow me to satisfy my other passions, but I was also able to keep a solid balance between school work, tennis, and extracurricular activities. Tennis was my top priority after my classes, but I never felt guilty about my dedication to other activities because of the support I had from my teammates and coaches.

As a collegiate athlete at Emory and a member of the women’s tennis team, you are held to a higher standard because you are expected to excel in class and you are inspired by the work ethic of your teammates on as well as off the court. You will grow to be a fearless competitor, selfless teammate, and quite possibly a national champion. Just as importantly, your character, discipline, and dedication are all tested consistently teaching you many life lessons along the way.

Brenna “BK” Kelly ‘14
NCAA Team Champion
NCAA Team Finalist
Team Captain
Currently: Applying for Medical School

When I reflect back on my four years as a member of the Emory Women’s Tennis Team, “Journey” is the only word that can adequately describe the richness and complexity of my experience. As a USTA Junior competitor, playing college tennis was never a question for me; however, by the time I graduated high school, I was burnt out. Injuries, the training demands, and mental commitment left me yearning for new experiences. The idea of the next four years of college tennis, undoubtedly dominated by grueling practices, mentally taxing matches and all the emotional highs and lows was weighting heavy on me. Needless to say, when I stepped out on court for the first day of practice, I was unsure of what to expect. I was worried that I wouldn’t last the next four years, or worse, that I just didn’t love tennis anymore.

What happened as the weeks, months and years progressed was magical. In my teammates and coaches, I found a family that helped me rediscover my love for tennis and competition again. As I observed and integrated myself during the first few weeks, I found just how resilient my older teammates were. Everyone worked their tails off in each aspect of practice, because, if they didn’t, that meant they weren’t giving their-all for one another. I became intrigued by the stories my older teammates told. Ones where they had edged an opponent after three grueling match hours or multiple saved match points. Other times, debates ensued over which conditioning session had been the most physically taxing: Was it the time we ran 20 suicides outside in 90-degree heat, or the day we sprinted up those hills in Lullwater? In their voices, there was everlasting pride that resulted from the collective triumph over their shared challenges. Although my teammates’ commitment and dedication was what initially entranced me, their camaraderie, in my mind, was what truly prevailed. The true beauty of our team amazed me. We were a mix of young women, from different places, different stories and different personalities, yet, our relationships reflected beautiful connections and mutual respect for each other. More than friendships, my teammates and coaches became the family that helped me grow as a tennis player, as well as a person.
Looking back on my early thoughts as a freshman, I realize now that I had been right about a few things. The four years on the team were, indeed, not easy. The practices were grueling! We had many tough matches and even more tough losses. However, what I could have never predicted was just how thankful I would be for my time as an Emory Eagle. I learned incredible life lessons and had the new experiences that I craved for when I left home for the first time. Winning a national championship at the end of my senior year was a fairytale ending, but I wouldn’t think any less of my experience if we hadn’t won. Many say that the sport of tennis teaches invaluable lessons. Though I agree with this, it was my team, more than anything that helped instill the confidence, resilience and faith that I carry with me today.

Rebecca “Siegs” Siegler ‘15
NCAA Team Champion
NCAA Team Finalist
All-American
Currently: Physical Therapy Doctorate Candidate at Duke University

If I could sum up Emory Women’s Tennis into one word it would be support. Being a part of this team means you have a support system that is relentless. When you are going through a tough time they are there for you no matter what, which is so important during your college years. My college tennis experience is a little different than most. I started my time at a different university, where I spent two years, and realized it was not for me. Halfway through my sophomore year at Wake Forest I tore my labrum in my hip, which required surgery. I knew that my time in that program was over and I began my search for a new university. Going through this search was very unsettling because I was speaking with coaches about playing for and contributing to their team just 3 months after hip surgery. I was very undecided and didn’t feel that I was going to find a good fit. Then I spoke to Amy Bryant. As I was speaking to her I got a different vibe and knew it was a place I needed to visit. Immediately after my visit I decided that I wanted to finish my time in college at Emory.

When I arrived at Emory in the fall of my junior year, I didn’t know anyone and was joining a new team. I was so thankful that the girls on the team were welcoming and made sure I was adjusting well. I was just returning back to tennis from about 6 months off. I have never felt so supported by not only the trainers and coaches but also my entire team. I was new to this program and came in doing things a little differently because of my injury but I was never questioned by anyone and I only felt support. I know from past experiences that this team was able to blindly trust me because they had faith in Amy and her judgment. Amy is such an amazing leader because she creates an environment within the team that demands everyone’s best while understanding the life circumstances of each player. I personally believe that a team culture is outlined by the coaches, supported by the captain and carried out by the players. Amy has done an amazing job at maintaining just that. She trusts the players to hold themselves and each other accountable, which makes us all better people and players in the long run.

At the beginning of my first season playing for Emory, I tore my labrum in my other hip. When I found out the news I had so many different emotions from anger to helplessness. With the support of the team, training room, and coaches, I was able to play in the doubles line up for the rest of the season and win a national title. That moment was so surreal to me because I have never felt so supported by an entire team. I remember running onto Katarina Su’s court after she clinched the win. There was just a jumble of sweaty people so excited and overjoyed. We all worked incredibly hard to achieve one goal and no torn hips were going to get in the way of that. After that moment I did not know if my tennis career was over. I ended up having another surgery to repair my other hip right before my senior year.

I was now in a state of unknown because I did not know if I would be able to play for the team again. Throughout my entire recovery I still felt very much a part of the team. I will never forget Amy and the team telling me to take it day by day and never push myself beyond what my body was capable of. With their support I was able to find the strength to rehab and get back out on the court. We ended up being the runners up at nationals that year. Admittedly I was a little
disappointed because we all wanted to win but looking back on that year as a whole, I know we got that far because of how much Amy and the team supports each other.

Looking back at my college experience, tennis was a major aspect of it. I chose to spend most of my time surrounded by teammates, whether that was on the court, getting meals, studying in the library, or hanging out on weekends. I look at the team as my family and I could not have been luckier to be part of such a great program guided by a great coach. The team impacted me in more ways than I could even state. It taught me to trust others to support me and take pride in being a part of something great that is built day by day. Thank you Emory Women’s Tennis.

Catharine “KittyCat” Harris ’15
NCAA Team Champion
2 Time NCAA Team Finalist
Currently: Applying for Medical School

Playing on the Emory women’s tennis team shaped my college experience and helped me grow as a person. From day one I had a group of friends that I probably would not have met if it weren’t for tennis. The team added structure to my life that most other students did not have and gave me responsibilities and goals to work towards. It allowed me to travel and experience new places. And as an athlete I felt like I had a special place in the Emory community.

College tennis did present some tough challenges, as the team focus was a big change from the individual orientation of juniors. The transition from always training alone to training with the team was tough for me but eventually I realized that training with the team was a much more rewarding experience. Having the support of my teammates and coaches made it easier to face the challenges of a tough practice or match because they wanted to see me to succeed just as much as I did.

I was not just playing for myself anymore and that pushed me harder to improve both on and off the court. I learned to enjoy the successes of my teammates just as much as I enjoyed my own successes and some of my best memories are of team dinners after winning tough matches. I am grateful to have been a member of such an amazing team and for all of the lessons being on the team has taught me.

Danielle “Tru” Truitt ‘15
NCAA Team Champion
2 Time NCAA Team Finalist
Team Captain
Currently: Sales Operations Analyst at Yotpo

Now that I have been in the “real-world” for about a month and have not stepped on a tennis court in a bit longer I have been able to truly reflect on my experience as an Emory Women’s tennis player. First, the tennis team became my family, best friends, and support system. Over the 4 years my relationship with each person grew stronger and stronger and no matter what the situation I knew I could always count on them. Even though I am no longer on the team I know the relationships I built through tennis will last my lifetime. I miss being able to be with my best friends all the time, whether it was cheering each other on through a grueling conditioning or getting dinner at the DUC (yum, free food). Not only did tennis provide me with long lasting friendships, it also taught me a lot about myself. It helped me face adversity and challenges that in the end made me a stronger person,
though at the time I wasn’t always thrilled. I had to learn to adapt to new roles and control my filter/mouth (still not great, but it has improved). Overall, tennis at Emory provided me with a family I can always count on and lessons that I will never forget. I appreciate everything that I have learned from this experience and will treasure the moments forever. Xoxo

Madison “Mads” Gordon ’16
2 Time NCAA Team Champion
2 Time NCAA Team Finalist
Team Captain
Currently: Realty Financial Analyst for RXR in New York City

Process. One simple word that most definitely describes not only my college experience but my experience as a member of the Emory Women’s tennis team. Growing up sports were always my “thing”, but it wasn’t until I got to Emory and started practicing with the coaches when I truly realized what hard work really is. Day in and day out, I was able to push my limits and surprise myself due to the unconditional support of my teammates and coaches. The team quickly became my support system as we were in it together—blood, sweat, and tears. The upperclassmen led the way building trust and camaraderie that lasts forever. Amy and the team taught me more off the court than on the court, and trust me, I had a long way to go on the court to end my career near the top of the Emory all-time win list.

One of the most spectacular and special parts of the team, besides traveling because it was always a party on the road, was how Amy was able to recruit such an intelligent, athletic, hard-working, yet extremely unique group. No one person was similar to the next. I think this is one of the major reason why winning two national championships was even sweeter; we were all able to come together for the love of one another to give 110% every single day for each other.

Emory women’s tennis team teaches you how to become a selfless teammate, fearless competitor, and leader. All qualities that directly translate into the world after Emory. I learned that putting the work and time in is not easy—there were many sacrifices, but in all I would do anything to go back and do it again for all the young women I was lucky enough to call my teammates! Let’s do it baby!

Stephanie “Steph” Loutsenko ’16
2 Time NCAA Team Champion
2 Time NCAA Team Finalist
Currently: Strategy Consultant for Tech Firm in New York City

A lot of things come to mind when I think about what it was like to be a member of the Emory Women’s Tennis Team during my collegiate years. We won two NCAA titles during my time, four UAA Championships, took amazing team trips together, and learned how to play toboggan. But above all else I think of one word: family.

The people I have met as a result of being a part of this team are what I will truly cherish. My best friends I met during college were all connected and involved with the program in some way and they made my collegiate experience such a memorable one. I’ve had the fortune of meeting people who accepted me, regardless of our differences (and trust me, freshman year I was a HANDFULL) and helped me grow into a better person. They laughed with me, held me accountable, but most of all I constantly felt, and still feel, the support of my EUWT family.
Aside from being surrounded by incredible teammates, I have so much thanks to give to the amazing coaching staff, especially Amy who somehow dealt with me for four long years… She helped me grow into a person I am proud of today, someone who understands how to handle adversity instead of running away from it. Amy helped mold me into someone who accepts responsibility and is brave enough to admit her mistakes. Amy loves to talk about “the process,” which truthfully in the moment can sometimes be hard to see. But, being able to look back at my experience I now completely understand the method to her madness. She has helped all of us grow and better ourselves and it’s a once in a lifetime experience to have a coach who cares so much about her players and is willing to support them, both on and off the court, in any way she can.

It’s so hard writing this because it makes me realize how much I miss my Eagle family! I am so jealous of anyone who is just entering the program because they get to experience all of these new and exciting adventures, but with a group of people who support and care about them. This past year (my senior year) I finally felt like I had developed relationships with people on the team that were going to be long-lasting and meaningful, and so far I have been proven right. This is an incredible group of girls, who are selfless and determined, led by a coach who cares just as much about her players as she does about results. It’s something that when I look back on I actually tear up because I realize how lucky and fortunate I was to have these people by my side and with me throughout the entire ride. Love my Eagles fam!

FUEGOOOO LADIES!

Bea “Beast” Rosen ‘16
2 Time NCAA Team Champion
2 Time NCAA Team Finalist
2 Time COSIDA Academic Selection
2 Time All-American
UAA Rookie of the Year
ITA Regional Rookie of the Year
Currently: News Producer at KGUN On Your Side, Tucson, AZ

“I want to come here.”

She smiled, her eyes wide. I adjusted my spot on the squishy office couch. After a pause, Amy replied, “Okay, well, take a few days to think about it, and then we will reconnect.”

I didn’t need to think about it. I knew this was the place for me when I saw the “National Champion” banners hanging down from the ceilings of the athletic center; I knew this was the tennis program for me when I met Amy.

I was skeptical of the rigor and intensity of Division III athletics until my recruiting visit, when Amy described how she ran the Emory Women’s Tennis program. I remember sitting in her office – enveloped in that squishy couch – listening to her detail the competitive team environment created in every practice, private lesson, conditioning session, and match. Amy also explained how the program fosters teammate rapport and friendships both on and off the court.

At the time, I still thought of tennis as an individual sport. I did not know what it was like to be a team player. To be best friends with the girls I also competed with was a strange, foreign concept. A National Championship was at the top of my agenda, and Amy ran a training program that made the goal feasible; the logistics were black and white. Ironically, little did I know that an intense, meticulously planned training program is only half of the equation. I learned, by experience, that mutual trust and support between teammates and coaches is the other half. The camaraderie is created through the ten-month stretch leading up to Nationals.

Amy calls those ten months “the process.” After four years, or four “processes,” tennis became something more for me than winning a tough match, a Conference Championship, or even a National Championship; it became something more than titles written down on paper, or accolades listed on a resume. Tennis became the platform for a special kind of
friendship, because Emory Women’s Tennis is not just a team, but a unique kind of family. Throughout each of my four “processes,” we teammates saw each other at our best, our worst, and especially in my case… our strangest, quirkiest and funniest. This brings me to another reason why I love Emory Women’s Tennis: It’s a melting pot of player personalities, yet everyone shares a common fight, drive, strong work ethic, and love for competition.

The process is not just about on-court improvement, but also off-court improvement and development. I grew as a person, and learned to focus on what I can control – not what I can’t. I learned how to be patient and flexible, and I learned how to laugh at myself. The latter acquired skill, thanks to Amy’s help, was especially essential after I was dubbed “weirdest on the team” (I still prefer the word “quirky!”) my freshman year. Most importantly, I learned how to be a team player. This was my biggest struggle. The definition of a “team player” is not straightforward, and there’s no checklist of actions or step-by-step guide on how to become one, either. The grey area was always a big question mark for me.

I realized I was a team player several months after my senior year, when I moved to Tampa and began my career as an associate producer for the local television station. Since day one on the job, I’ve been exposed to a whole new level of pressure, intensity, and team dynamic. From daily deadline pressure, breaking news, and working crazy shifts, to learning how to navigate newsroom politics and deal with power-tripping bosses, knowing this is my new “team” and new “process” has made the adjustment to the working world much easier. It’s been tough, cut throat, exciting, and eye-opening all at the same time. Amidst it all, it’s an environment that only my experience on the Emory Women’s Tennis Team could have prepared me for.

That being said, the competitive newsroom environment didn’t stop me from befriending several of my coworkers. My work experience began to embody my Emory tennis one: coworkers at the station, friends outside of the station; teammates on the court, friends off the court. Well one day, when a coworker said she now enjoys coming to work because she’s also around friends, it dawned on me: Without even recognizing it, I applied the concept of a team to the newsroom.

I can confidently say I am a team player, and will have that mentality for the rest of my life. I will apply it in my future jobs, projects, endeavors, and eventually family, because a team mentality – competitive or not – breeds happiness and success. Looking back on my whole four-year process, from the good times and rough ones, memories made, friendships formed, titles won, lessons learned, and personal growth… I wouldn’t have traded my college tennis experience for any other one, anywhere.

Paula “Pow Pow” Castro ‘17
NCAA Team Champion
NCAA Team Finalist
Currently: Sales Executive at Juicers of America

Besides playing it, it is amazing to think of all the benefits tennis gives you. Not only playing the sport, but being part of a team is always resourceful for anything in life. From contacts and networking to job opportunities and lifetime friendships. There is nothing I have learned at work that I could not relate to tennis. Leadership skills, resilience, confidence, balance, challenge, humor. These are all qualities that help people grow both in businesses and as a person.

All the suicides, 3 mile runs, and drills, not only help you to get better as a player, but also to learn to stay consistent and not be a quitter. I can’t even count all the times I wanted to quit in the very last sprint of the whole hour of conditioning. But then I realized that last sprint is what differentiates between being number 1 in the country, and being anyone else. That is what separates the 1% of
successful and innovative people from the other 99%. They want to do more. They want to go for that extra mile and not just do what they are supposed to.

You have probably heard it before, but “Life begins at the end of the comfort zone”. This applies for both tennis and life in general. In tennis for example, we can see it when we are asked to practice consistency when we are aggressive players. Or when we are asked to run long distance when we are sprinters. These are not things we necessarily want to do, but things we have to do if we want to see growth. At work, for example, I was not good at training. Once I started interviewing and hiring people, I had to train them. That was completely out of my comfort zone. Once I started doing it more often, practicing with more trainees, I started not only becoming a better trainer but also feeling more comfortable with it to the point that now I love training and they even assign me trainees that other people recruited.

So all you are doing now is for a reason. Every extra sprint, every match playing with a crowd against you, every bad call by a referee, are all things that teach you values and skills for the future. My favorite way to look at college tennis is as something that is way bigger than a sport. It is a lifestyle and an opportunity of growth. Take advantage of it while it lasts, because it is the most fun way to learn and grow while making those friendships that last a lifetime.

Michelle “Dame” DeMeo ‘17
NCAA Team Champion
NCAA Team Finalist
Currently: Post-baccalaureate degree candidate at Northwestern University

During the final rounds of the National Championship tournament, my heart was beating out of my chest and my mind was racing, but all it took was eye contact and a “Here we go, DeMeo” to refocus on what was important. I played for those amazing girls I was so fortunate to call my teammates, who inspired me to keep being the best tennis player and person I can be. I played for my coaches, who I had the greatest respect for because they believed in me even when I was down. I played for the Emory Women’s Tennis Team because their program didn’t focus on statistical success but cared for the success of their individual players both on and off the court. It wasn’t about the score, it was about the process and the lessons you learned along the way. Setting up for the next point, I would remind myself how hard we trained and the commitment the team had for one another. It motivated me to focus and leave everything I had on the court.

The adversities we faced individually or as a team made us stronger together. The Emory Women’s Tennis Team was a support system, and there were plenty of times I had to lean on my teammates to help me through something difficult. I didn’t play my sophomore and junior year because of personal reasons, but I was determined to come back and be a part of the team again my senior year. I received incredible support from my coach Amy Bryant, and I don’t think I could’ve came out as strong as I did without her. She believed in me and listened to me when I needed it the most.

It took time to realize that I wanted to do something bigger than myself, and I knew that playing on the team meant that I wasn’t just competing as an individual. The program teaches you to be selfless and a team player. After two years of playing on the team, I would do anything for my teammates. I have made special bonds with these girls and I’ve never laughed so hard with anyone in my life than during those tennis trips. I am so grateful for the opportunity to have been surrounded by like-minded people who are just as motivated and hard-working as I am.

As I pursue a career in medicine, I feel prepared to tackle any adversity that I face. I am currently enrolled in a pre-med post-baccalaureate program at Northwestern University to fulfill the prerequisites I need to apply to medical school. This intensive program is 12 months long and requires a total of 44 credit hours. I can effectively manage my time and study
for hours on end because I have been trained to keep pushing even when it gets tough. I have already developed a sense of camaraderie with the other students in my program, because I know how to work as a team to achieve a common goal. Sometimes, I wish that I still had my team with me to head to the library together or run with in the morning before I start my day. However, I am very grateful for the opportunity to have shared such an amazing experience with coaches and my best friends.

Melissa “Goody” Goodman ‘17
2 Time NCAA Team Champion
2 Time NCAA Team Finalist
Currently: Caseworker at Rogers & Hardin LLP, Applicant for Law School

My experience on the Emory Women’s Tennis Team, as cliché as it sounds, shaped me into the person I am today. Let me tell you why. As a freshman all I cared about was results, both in athletics and academics, e.g. winning a national championship and getting stellar grades. While we did win a national championship that year—a feeling that, by the way, is unlike any other accomplishment you will achieve—I wasn’t yet mature enough to appreciate how special the journey in pursuit of that ring truly was. I now understand that the hours you spend bonding with your teammates in van rides and hotel rooms, spring break training trips spent with your twelve best friends, and the effort and focus that each teammate brings to practice every day is pretty incredible, and transform your college experience into something you never imagined it could become. Not only did we work harder than other teams, but it felt like we also laughed harder, and even had a different energy that came from enjoying every opportunity to compete, and improve as a team both mentally and physically. These moments and values I mentioned are all part of the Emory Women’s Tennis equation that spits out a result that I would describe as a united family, loving every moment we get to battle and be together on and off the court.

This all brings me to my senior year where unlike my freshman year, we did not win a national championship. We lost 5-4 in the finals to Williams. If this result had happened my freshman year, it would have devastated me and I probably could not have come to terms with it without giving in to anger and frustration. But now after losing, I see how winning really did not matter in the end. As a team we created something so special and I am finally able to see the value of the moments that make up an entire season, rather than just the culmination of a season. To conclude, I owe Emory Women’s Tennis a big thank you for molding me into a mature, caring individual, and developing my fiercely competitive nature into an appreciative team player.

Michelle “Satt” Satterfield ‘17
2 Time NCAA Team Champion
2 Time NCAA Team Finalist
4 Time All-American
UAA Rookie of the Year
Team Captain
Currently: Partner Sales Associate for LeadUp/Catalyst

I came to Emory not really knowing what I wanted out of my college experience. If you would have asked me then, I would have talked about getting into an academically & athletically strong school - and Emory definitely checked those boxes off.

After my first semester, if you would have told me that I would have ended up being a leader on the team, succeeding academically, have
2 national championships, and a job set up post graduation, I would have definitely laughed in your face. I had just failed my science classes - & felt like there was no right direction. It took me 4 years, but thanks majorly to this team, Amy's guidance, & really the entire experience here, I was able to find that path.

I know it might sound corny, & you'll definitely hear this over and over again, but the four years fly by. If I could go back, I would tell myself to relax. I don't mean relax academically, or not try your best, I mean relax because the "mixture" that everyone keeps talking about between culture, academics, and athletics here really does exist.

Coming out to practice every day, having my teammates rely on me, wanting to make Amy & all of you proud taught me accountability, responsibility, how to work hard, and how to live up to expectations - something I can't thank you all enough for. Putting pen to paper and communicating these lessons is so intimidating because there are so many. The best way to put it is that my experience Emory has shaped me into the person I am now & I can't imagine it any other way.

Katarina “Suey” Su ’17
2 Time NCAA Team Champion
2 Time NCAA Team Finalist
3 Time All-American
ITA Regional Most Improved Player
Currentlty: Marketing Technology Associate at ANNUITAS

Having graduated a couple months ago, I have really been able to reflect on my time at Emory and being a part of the Emory Women’s Tennis Team. There are moments when I think back at my time there and I can’t believe how fast those 4 years flew by and how great it would be to relive those moments again just for a little while. But as my time at Emory ends, I am walking away from this amazing school with unforgettable memories and a group of people that I can call family.

As I returned back to school every year, little did I know I was going to be challenged in more ways than one. Each year presented new obstacles and required an entirely different mindset from the year before. My freshman year I came in blind, not really knowing what to expect and how I would assimilate into the team. However, my freshman year really set the foundation for my tennis career at Emory as it wasn’t until that championship moment did I truly understand the thrill of competing in the NCAA tournament and seeing all the pain and hard work pay off. Coming back as a sophomore, junior and senior, it became even more apparent the set of expectations I had set for myself and for my team. To say these past four years went smoothly would be a great lie. Throughout these years I found myself going through a roller coaster of emotions, struggling to stay committed to tennis and stressed with everything going on between tennis, school and job searching. With all that, there were times throughout my Emory career where I thought I wouldn’t make it through all four years, yet somehow I made it.

With all these hardships, my Emory tennis family never failed to disappoint me. I can confidently say that they are the reason I was able to persevere and fight when I thought I had nothing left to give. When I reflect back on my time there, I am overcome with emotion as I think how lucky I was to have been a part of group that supported me unconditionally no matter how crazy or unreasonable I acted on and off the court. With constant support from my teammates not only as that, but as a roommate and as a friend, they have reminded me what it truly means to have perspective and to believe in myself. I truly believe that without this team, my experience at Emory would have not been the same as my teammates have become my family.
This bond and dynamic between the members of our team is not one that can be replicated anywhere else. We hurt together, laugh together, struggle together, win together. When I think back on all the conditioning sessions and the tough matches we’ve had, all I hear is “Here we go eagles,” “You got this,” “This is all you” and “Fight”. I was lucky to have been given the opportunity to attend a school that excels in academics, to be a part of a team that embodies what it means to fight together through thick and thin, and to have a coach that emphasizes the importance of ethics and cultivating strong relationships. I am constantly amazed at each and every one of my teammates as each and every one has inspired me in more ways than one. Throughout the years I have seen the growth within themselves, perseverance in the face of adversity, and heart above anything else.

I believe it is for these reasons that we have reached the finals these past four years and have won two national championships. If I have learned anything, it is that nothing is handed to us as a team - we have fought to be where we are and facing failure only makes us stronger.

Some coaches only care about tennis. Some coaches only care about winning. Some players only care about their individual performance. That isn’t the Emory Women’s Tennis Team. We focus on developing a person as a whole - through academics, tennis, personal well-being and being selfless. As long as we focus on the overall process, the tennis, success and individual fulfillment will follow. And that is one of the most valuable lessons that being on the Emory Women’s Tennis Team has taught me - to take a step back, think about the big picture and focus on one step at a time.

So why Emory Women’s Tennis? Because it is a family.

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